

**TOPIC: Finishing**  
**Coach Name: Mike Smith**



*(Activities should be developmentally appropriate for age group)*

<u>(WARM-UP)</u>	<u>ORGANIZATION</u>	<u>KEY COACHING POINTS</u>
diagram	<p>Work in 2's, passing and preparing ball with 1<sup>st</sup> touch. Introduce coach-led stretching intermittently.</p> <p>Control ball with inside of foot across body and strike ball with laces (instep)</p> <p>Introduce and let players try bending ball with inside and outside of both feet</p>	<p>Demonstrate striking ball with instep as well as inside and outside of both feet</p> <p>Lock ankle, with foot at different angles depending on type of finish</p> <p>Position of plant foot, depending on trajectory required, be well balanced</p> <p>Talk about weight transfer through ball</p>
<u>INDIVIDUAL ACTIVITIES</u>	<p>diagram</p> <p>Play 2v1 to large goal with goalkeeper in an area 30x20 yards. Set up 2 adjacent fields for increased player activity and repetition.</p> <p>Have one of attacking pair begin by passing ball to defender (in middle of grid) and following pass. The defender plays ball to second attacker who enters grid with ball and play is live. This creates attacking shape and has live play begin with moving ball</p>	<p>Concentrate on accuracy</p> <p>Preparation of ball away from pressure</p> <p>Striking of ball with different surfaces in appropriate situations</p> <p>Technical speed under pressure</p> <p>Knowing when to release ball, deception</p> <p>Depending on age and ability, coach can introduce offside for realism, after some good repetition going at goal.</p>
<u>SMALL GROUP ACTIVITIES</u>	<p>Diagram</p> <p>Play quick transition 2v2 game in 40x30 grid to large goals with keepers. Divide players into 2 teams. Have each team make 2 even lines both sides of the goal they are defending with half balls at either end. Play 2v2. If ball goes behind end line or in goal, next 2 players race on with new ball. The 2 that just shot at goal immediately transition to become defenders.</p>	<p>Encourage aggressive mentality, shoot on sight!</p> <p>Correct technique and give information to players</p>
<u>LARGE GROUP ACTIVITIES</u>	<p>diagram</p> <p>Move goals back and play 4v4(+2) in a 50x30 yard grid. Neutral players always play with team that has the ball. Rotate the neutral players every few minutes. Can have them in channels wide if looking for finishing from crosses with different parts of body.</p> <p>Remove restrictions and play 5v5 to 2 large goals with keepers.</p>	<p>Correct technique and give information to players</p> <p>Address finishing with different body surfaces as applicable.</p> <p>Enforce offside for realism</p>